# Notices

**DAILY RECORDED MESSAGES OF FORT MASON ACTIVITIES & EVENTS: 441-5705**

**AM/FM RECYCLING.** Jane Olsen. Newspaper-loose paper, cardboard, **NO** magazines. Tin & aluminum, clean & flattened. Glass-all colors, caps removed. Phonebooks—covers & binding removed. **2nd & 4th Saturday of every month,** 9AM-2PM, South end of Bldg. A, outside. 282-2479

**HANDICAPPED.** Ft. Mason can make arrangements for the handicapped if notified in advance. Ramps & elevators are available. Call 441-5706.

Fort Mason offices are now open Monday through Saturday.


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To reach the STAFF: 441-5706, M-F, 9-5



Fort Mason Foundation
Laguna and Marina Blvd.
San Francisco, CA 94123 1382

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**Change of Address:** Forward both old and new addresses, plus a copy of your most recent mailing label, if possible, to Calendar, Fort Mason Center, Building A, San Francisco, CA, 94123.


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# January 1982

# FORT MASON CENTER



1/15 U. Utah Phillips at Plowshares Coffeehouse Photo: Paul Indman

FOR THE ARTS, HUMANITIES, RECREATION, EDUCATION AND ECOLOGY.


This monthly calendar supported in part by a grant from the San Francisco Foundation.

# FRIENDS BENEFIT

Happy New Year Friends! Thank you for your support throughout the past year. As we begin 1982, we at Fort Mason Foundation would like to publicly thank those groups who have helped us in providing special treats and benefits for you, the Friends of Fort Mason.

Academy of Media and Theatre Arts
People's Theatre Coalition
Actors' Ark
All Indian Nations Arts Festival
Owner-Builder Center
Center for World Music
Magic Theatre
San Francisco Theatre Academy
Pickle Family Circus
YMCA
Aerobic Conditioning to Music/ Mary Fischer
Dancers Workshop
Health Therapies Fair
Pacific States Craft Fair
Maritime Humanities Center
San Francisco Folk Music Center/ Plowshares
Sue Walden
Energetics/Jean Taylor
French For All/Suzette Ross
Media Alliance
Sonoma Institute
Mexican Museum
Artists In Print
Irish Country Dance/Larry Lynch
Greens Restaurant
San Francisco Museum of Modern Art Rental Gallery

Our January list of Friends benefits is as impressive as the above list. To keep you fine and fit for the new year, we have arranged discounts for three of our physical fittness/martial arts classes.

Best Workout In Town—$1. off for 1st. class. Class time is Sun., 12 noon.

Shaping Up With Helene—1 free class in a series. Class times are Tues. & Thurs. at 6PM, and Sat. at 10AM.

Chinese Martial Arts—10% discount for January classes. Class times are Sun., 10AM-12 noon and Wed.&Frid., 6-8PM.

Plowshares Coffeehouse is offering Friends 50¢ off on their January evenings of country dance and downhome music. The dates are 1/7, 1/10, 1/14, 1/15, 1/17, 1/21, 1/24, 1/28, 1/29, and 1/31. Check these dates for more information about this lively series of traditional music and dance happenings. Poetry Film Workshop is offering a 25% discount to all their events during January. Check Calendar and Class listings or call 921-4470 for more information.

Academy of Media and Theatre Arts is offering, through the end of January, a ½ scholarship to Friends of Fort Mason for a semester's worth of drama classes for young people. Call AMATA at 776-4720 to arrange an interview for your prospective student in Creative Drama, for ages 9-12, and Basic Theatre Techniques for ages 12-19. Don't forget the 5% discount on sales offered to Friends by SFMMA Rental Gallery, Building A.

Truthfully folks, can you, anywhere in this city, find a better deal for $15. than right here at Fort Mason Center? Start off the new year by joining the Friends of Fort Mason and ensure yourself a year's worth of high quality recreation, entertainment and educational opportunities at nethermost prices. We hope to hear from you soon.

# GOLDEN GATE ENERGY CENTER FREE LECTURE SERIES

The Golden Gate Energy Center is offering a series of FREE lectures on energy alternatives Tuesday and Thursday evenings beginning January 12th and 14th. Each lecture will be offered twice. You can attend Tuesday evenings from 7:30 p.m. to 9:00 p.m. at the Golden Gate Energy Center, Building 1055, Fort Cronkhite in the Marin Headlands, or Thursday evenings, 7:30 p.m. to 9:00 p.m. at Building E, Room 285-6 at the Fort Mason Center in San Francisco.

This winter you can learn how to take advantage of commercially available solar systems for domestic hot water, and how to build and install your own low-cost collectors. Learn how to design a passive solar home and what you can do to modify your existing home for solar heating. Look at the potential of using wind power to supply electricity, of fueling your car with alcohol, and at the cost of heating with wood. Discover greenhouses and gardening methods for home food production. And find out how to save money by cutting back energy use in your home without cutting back on comfort. Lectures are 1½ hours each and are delivered by a faculty of local experts. The dates at Fort Mason Center are 1/14 Home Energy Conservation, 1/21 Solar Heating Systems, and 1/28 Solar Water Heating.

The Golden Gate Energy Center is a private, non-profit organization located at Fort Cronkhite in the Marin Headlands. The Energy Center provides educational and technical services in energy conservation and renewable resources to businesses, community organizations and the general public. The Center's exhibit facilities are located in Building 1055 at Fort Cronkhite and are open to the public Wednesdays, Saturdays, and Sundays 10:00 a.m. to 4:00 p.m. For information on programs, call (415) 332-8200.
—Tom A. Javits

# AUTHOR'S CONFER-ENCE SLATED FOR CONFER-ENCE CENTER

Thriving as an author means being able to work in partnership with a wide spectrum of individuals both inside and outside the publishing house. "The Writer's Edge: What Every Author Should Know About Publishing" is a one-day intensive designed to give authors the information they need to effectively represent their interests in the publishing world. Scheduled for Saturday, January 23, 8:30am-5pm, at the Conference Center, the event is being co-sponsored by Media Alliance, Bay Area Arts Services and California Confederation For the Arts.

Mickey Friedman, The SF Examiner's columnist on books and authors, will keynote the conference with an overview of today's book world and trends which are affecting authors. Subsequent presentations will address book writer's concerns from negotiating contracts to promotion and marketing. Speakers will include:

William Abrahams, Senior Editor (West Coast) Holt, Rinehart, Winston
Sandi Mendelson, Editorial Representative, Bantam Books
Pat Holt, West Coast Representative, Publisher's Weekly
Herb Gold, author
Raphael Sagalyn, President of Raphael Sagalyn Literary Agency
Nan Hohenstein, President of Northern California Book Publicists

Participants will have an opportunity to meet informally at a reception following the afternoon workshops.

Registration before January 18 is $45 and $50 after that date. For registration information, call Annette Doornbos at Media Alliance at 441-2558. Advance registration is advised as enrollment is limited.
—Annette Doornbos

# Thank You!

The Fort Mason Foundation gratefully acknowledges contributions received from the following foundation, corporate and government donors:

California Arts Council
Distribution Fund
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Matson Navigation
Metropolitan Life Insurance
National Endowment for the Arts
Ohbayashi
Pacific Telephone Co.
San Francisco Foundation
Skaggs Foundation
Cal Tamarack
Clinton Walker
T. B. Walker

Photo: Richard Frear

The Fort Mason Foundation, a privately-funded nonprofit organization, is engaged in renovating surplus military buildings at Fort Mason, headquarters of the Golden Gate National Recreation Area. The Foundation administers Fort Mason Center which is located on the Bay between Aquatic Park and the Marina Green. In less than four years, the Center has become a national model for low-cost community-responsive urban parks.

# Residents Directory

Fort Mason Center houses over forty resident organizations. These groups can provide you with information on the recording business, dance, broadcasting, theatre, river rafting, marine ecosystems, printmaking, copyrights, boatbuilding, freelance writing and much more. Drop in at their offices to find out about classes, services, speakers or trips made available to you by these outstanding Bay Area groups. A complete list of residents appears below.

**BLDG. A**
Ace Mailing (771-6280)
City Celebrations (552-2630)
Contemporary Crafts, Meyer, Breier & Weiss (928-2119)
Fort Mason Foundation (441-5706)
SFMMA Rental Gallery (441-4777)
Greens Restaurant (771-6222)
Tassajara Bread Bakery 2 (771-6330)

**BLDG. B**
Arts Arbitration & Mediation Services (775-7715 or 775-7200)
Community College Art Center at Fort Mason (776-8247)
Cooks & Company (673-4137)
Marine Exchange (982-7788)
People's Theatre Coalition (885-2790/office, 776-8999/box office)
S.F. Chess Club (981-4484)
World Print Council (776-9200)

**BLDG. C**
Academy of Media & Theater Arts (776-4720)
African-American Historical & Cultural Society (864-1010)
Bay Area Energy Action (221-3333)
Bay Area Lawyers for the Arts (775-7200)
Center for World Music (441-5778)
Environmental Traveling Companions (474-7662)
Eureka Theatre (441-6842)
Feedback Productions, Make-A-Circus, Talespinners (776-8477)
Friends of the River (771-0400)
The Fund for Animals (474-4020)
Hospital Audiences, Inc. (776-9171)
Music By the Bay (474-5600)
Perception Gallery (776-0347)
S.F. Bay Area Dance Coalition (673-8172)
S.F. Central Y.M.C.A. (885-0460)
S.F. Children's Art Center (771-0292)
S.F. Dancers Workshop (771-1211)
S.F. Folk Music Center (441-8910)
S.F. Theatre Academy (775-1533)

**BLDG. D**
Artists in Print (673-6941)
Asian Women United
Blue Bear School of Music (673-3600)
Center for Educational Telecommunications
Friends of the S.F. Public Library (558-3770)
Magic Theatre (441-8001)
Media Alliance (441-2557)
Mexican Museum (621-1224)
Musicians Performing Arts (441-6040)
Performing Arts Workshop (673-2634)
Poetry Film Workshop (921-4470)
S.F. Arts & Letters Foundation (771-6711)
Western Public Radio (771-1161)
Whole Earth Bookstore (441-7250)

**MARINE CENTER**
Greenpeace (474-6767) Bldg. E
Lifeline Marine Research (775-6497) Bldg. E
Marine Center Planning (775-4640)
Marine Program Info. (775-INFO)
Maritime Humanities Center (771-3488)
National Liberty Ship, Jeremiah O'Brien (441-3101)
Oceanic Society (441-5970) Bldg. E
Oceans Magazine, Oceans Expeditions
Project Tektite (566-9390) (771-7327)
Yacht Racing Assn. of S.F. Bay (771-9500)

**BLDG. F**
Actors' Ark (441-2453)

**BLDG. 240**
American Youth Hostel (771-4646)
San Francisco Int'l Hostel (771-7277)

The Fort Mason Foundation, a privately-funded nonprofit organization, is engaged in renovating surplus military buildings at Fort Mason, headquarters of the Golden Gate National Recreation Area. The Foundation administers Fort Mason Center which is located on the Bay between Aquatic Park and the Marina Green. In less than three years, the Center has become a national model for low-cost community-responsive urban parks.

We invite you to bring your conferences, classes, performances, meetings or benefits to Fort Mason. Space for suitable activities is available for a nominal daily or hourly fee. Enjoy the pleasure of teaching, working, or performing in this unusual national park location. Call 441-5706 for booking appointments and information.

# Join Us

**DID YOU KNOW...**

Did you know that behind Fort Mason are hundreds of individuals like you who believe in the ideal of free and low-cost programs responsive to people's interests and needs?

Open this calendar! See the opportunities here for you and then help us!

**BECOME A FRIEND OF THE FORT —**
Your financial assistance will help us to continue our transformation of this old fort into lively theatre, galleries, music halls, offices and classrooms. And your involvement in events and programs at the Center will help fulfill the possibilities of this unique project on San Francisco's waterfront.

As a CORPORATE FRIEND we can offer you
- Calendar Subscription
- Corporate Recognition

☐ CORPORATE FRIEND annual contribution ..... $500.00
☐ Additional Corporate contribution ..... _____

As an INDIVIDUAL FRIEND/FAMILY FRIEND we can offer you
- Calendar subscription
- Discounts on admission/or previews of Fort Mason Center Special Events

☐ INDIVIDUAL FRIEND annual contribution ..... $15.00
☐ FAMILY FRIEND annual contribution ..... $25.00
☐ Additional contribution ..... $50-$500

☐ Calendar Subscription Only — No additional benefits
Annual contribution ..... $5.00

Name _____

Address _____

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Zip _____ Phone (___) _____

Checks payable to: FORT MASON FOUNDATION
All Contributions are tax-deductible. For further information, please call 441-5706
FORT MASON, Building A, San Francisco, CA 94123

# FORT MASON CENTER

Daily recorded messages
of Fort Mason Activities
and events: 441-5705

# January 1982

All events are presented through the cooperation of Fort Mason Foundation and the Golden Gate National Recreation Area. Visit Fort Mason Center, Laguna and Marina Blvds., S.F. 94123. 441-5705.

LEGEND FOR SYMBOLS:

🎭—Theater

♪—Music

**1 FRIDAY**
**Happy New Year's News!** Fort Mason Center & the Golden Gate National Recreation Area are proud to announce the arrival of bus service to Fort Mason Center. MUNI's 28-19th Avenue bus line will stop at our west gate (Laguna & Marina Blvd.). A welcome sight for all public transportation users. For your safety, when you get off the bus, we have minimal night lighting and would like to encourage everyone to stay on the paths. For more information about the bus schedules call 673-MUNI

**9 SATURDAY**
**Exercise Can Be Hazardous To Your Health** A FREE workshop. Insure your safety & reduce the cost of injury & pain w/prevention techniques to complement any exercise program. Wear tennis shoes. 10am-noon FREE Bldg C 775-8229

**SF Apple Core** Monthly meeting 10am-1pm FREE Bldg C 566-2343

**Psychic Reading/Healing** Begin your New Year w/an active Reading/Healing experience of your energy. Life is great, when you are free to enjoy it! 1pm $10 Bldg C 482-5340

**Flash Family** 8:30pm see 1/2

**Renaissance Radar** preview 8:30pm see 1/13

1/1 Muni Service To Fort Mason

**2 SATURDAY**
**Flash Family** returns! New faces & format w/the same quality improvisation entertainment, Sat 1/2-30 8:30pm $4 Marina Music Hall Bldg D 771-1046.

**4 MONDAY**
**Sail the Bay w/Kimball Livingston** Yachting editor of the Chronicle & recently published author of "Sail the Bay" will discuss his book & the bay. Copies of the book will be available to be autographed. 7:30pm $1/Free Oceanic Society mbrs. Bldg C 441-4970

**5 TUESDAY**
**SF Ski Patrol** general membership meeting w/guest speakers on winter 1st aid or survival. 7pm FREE Bldg C 364-9614

**6 WEDNESDAY**
**Celebration of Black Poetry** Open Poetry reading series featuring poets of African descent. Musicians, poets, community members invited to share energies. Refreshments served. Wed 1/6-27 8pm FREE Bldg C 864-1010

**Renaissance Radar** preview 8:30pm see 1/13

**7 THURSDAY**
**Plowshares Coffeehouse** presents English Country Dance. Brad Foster calling w/live music by the members of the Claremont Country Dance Band. 7:30pm $5/$3.50 Bldg C 441-8910

**Renaissance Radar** preview 8:30pm see 1/13

**8 FRIDAY**
**U.S.—China People's Friendship Assoc.** Educational meetings to foster friendship & understanding between the peoples of the U.S. & China. 7:30pm $2/mbrs Free Bldg B 863-0537

**Underwater Photographic Society** monthly meeting featuring film/slide lectures concerning underwater photography. 7:30pm FREE Bldg C (408) 294-9897

**2nd Friday Poetry Series** African-American Historical & Cultural Society presents Joyce Carol Thomas, Robert Woods & Melba Joyce Boyd reading their poetry. 8pm $1 Bldg C 864-1010

**Irish Country Dance & concert** w/Larry Lynch U.S. Champion dancer & live music, entertainment & audience participation. 1/8&22, 8:30pm $4 Bldg C 863-6424

**Renaissance Radar** preview 8:30 pm see 1/13

**10 SUNDAY**
**Plowshares Coffeehouse** presents Debby McClatchy returning w/Am. & British Isles tunes, ballads, gold rush & resistance songs on old timey guitar, banjo, dulcimer, whistle & spoon. 7:30pm $5/$3.50 Bldg C 441-8910

**The Other Ferlinghetti** Poetry Reading by Kirby Ferlinghetti & Olwen Morgen. 7:30pm Open reading 9pm $2 Bldg D 921-4470

**12 TUESDAY**
**Celtic Lecture Series** spon. by the Inst. of Celtic Studies covering language, cultural & legal systems of the celtic nations. 8:30pm $2 Bldg C 751-6247

**Playwrights' Ctr.** 7:30pm see 1/5

**13 WEDNESDAY**
**Pentila & Matti, His Hired Man** by Bertolt Brecht. Based on a Finnish folk tale, the play focuses on the exploits of a big landowner who is friendly & compassionate but only when he is drunk. 1/13-2/7 Thurs-Sat 8:30pm, Sun 2pm $7/$6 Sr, Stu, TCCBA, "Friends" of Ft. Mason, Actors' Ark Bldg F 441-2453

**Renaissance Radar** by Soon 3 presented by Magic Theatre. The American Premiere of a new "performance landscape" by the renowned visual theatre group. Directed by Alan Finneran. Thur-Sun, Previews 1/6-9, runs 1/13-2/21 8:30pm, Sun matinee 1/24 2pm, $8.50/$6.50 Sr, Stu, Previews, Matinees Bldg D 441-8822

**Celebration of Black Poetry** 8pm see 1/6

**14 THURSDAY**
**Golden Gate Energy Ctr.** presents Home energy conservation. Insulation, weatherization, window coverings, furnace & appliance maintenance. 7:30pm FREE Bldg E 332-8200.

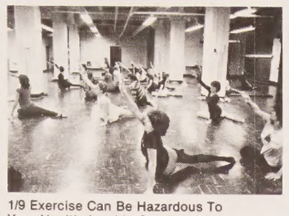
**Plowshares Coffeehouse** presents Square Dance w/Karana Hattersley-Drayton calling & live music by the Arkansas Sheiks. 7:30pm $5/$3.50 Bldg C 441-8910

**Success w/Out Stress** lecture showing the way to a peaceful life w/out self-destructive stress. Based on Vernon Howard's teachings. Thur 1/14&21 7:30pm $3. Bldg C (702) 293-4444

**Puntila & Matti, His Hired Man** see 1/13

**Renaissance Radar** 8:30pm see 1/13

**A Mad World, My Masters** preview 8pm see 1/21



1/9 Exercise Can Be Hazardous To Your Health Aerobic Conditioning w/Mary Fischer see Classes & Workshops

**15 FRIDAY**
**Plowshares Coffeehouse** presents U. Utah Phillips. An evening of songs & stories from mining camps, railroad shanties & union halls of the Far West. 8pm $5/$3.50 Bldg C 441-8910

**Dance for Seniors & Clients of Social Service Agencies** Live entertainment, Free refreshments. Sponsored by Hospital Audiences Inc. & Fort Mason Fndn. 1:30-3:30pm Bldg C FREE 766-9171

**Puntila & Matti, His Hired Man** see 1/13

**A Mad World, My Masters** preview 8pm see 1/21

**Renaissance Radar** 8:30pm see 1/13

**16 SATURDAY**
**It's The Law: For Songwriters** A Songwriters Resources & Services forum. Panel of S.F. music industry attorneys discuss legal subjects of interest to songwriters & writer artist. 3pm $5/SRS mbrs FREE, Bldg C (213) 463-7178

**A Mad World, My Masters** preview 8pm see 1/21

**Puntila & Matti, His Hired Man** see 1/13

**Flash Family** 8:30pm see 1/2

**Renaissance Radar** 8:30pm see 1/13

**17 SUNDAY**
**Plowshares Coffeehouse** presents Teresa Tudury & Eric Park. Teresa doing belly-laughing original songs & comedy. Eric plays traditional, blues & ragtime guitar, w/old, new, borrowed & blue songs. 7:30pm $5/$3.50 Bldg C 441-8910

**Leading Women Poets** The Poet's Revival will feature poems by Edna St. Vincent Millay & Hilda Doolittle, w/readings by professional actors. 7:30pm $2 Bldg D 921-4470

**Puntila & Matti, His Hired Man** see 1/13

**Renaissance Radar** 8:30pm see 1/13

**19 TUESDAY**
**Playwrights Ctr.** 7:30pm see 1/5

**20 WEDNESDAY**
**Celebration of Black Poetry** 8pm see 1/6

1/21-2/28 **A Mad World My Masters** previews 1/14-16

**21 THURSDAY**
**A Mad World, My Masters** by Barrie Keeffe. An outrageous Dickensian satire on the current British social scene targeting Prime Ministers, Trade Union officials & princesses alike. Previews 1/14-16, opens 1/21-2/28 Thur-Sun, 8pm $6-Thur&Sun, $7.50-Fri&Sat at Peoples Theatre Bldg B 441-6842

**Golden Gate Energy Ctr.** presents Solar Heating Systems-Theory. Solar characteristics, heating requirements, solar technologies. 7:30pm FREE Bldg E 332-8200

**Plowshares Coffeehouse** presents Contra Dance. Kirston Koths calling & live music of New England & Canada, all dances taught. 7:30pm $5/$3.50 Bldg C 441-8910

**Success W/Out Stress** 7:30pm see 1/14

**Puntila & Matti, His Hired Man** see 1/13

**Renaissance Radar** 8:30pm see 1/13

**22 FRIDAY**
**Irish Country Dance & Concert** see 1/8

**Puntila & Matti, His Hired Man** see 1/13

**A Mad World, My Masters** 8pm see 1/21

**Renaissance Radar** 8:30pm see 1/13

**23 SATURDAY**
**New Friends Via the Media** Learn about the best way for single professionals to find each other. W/Katherine Davis, M.A. Counselor/Educator. 10am-5:30pm $35 Bldg A, Limited please pre-register 563-3368

**Puntila & Matti, His Hired Man** see 1/13

**A Mad World, My Masters** 8pm see 1/21

**Flash Family** 8:30pm see 1/2

**Renaissance Radar** 8:30pm see 1/13

**24 SUNDAY**
**Golden Gate Post Card Club** monthly meeting Lectures-Exhibition-Trading-Selling-Exchange of postcards. 1:30pm FREE Bldg C 352-6400

**Book Party** celebrating the publication of "The Politics of Women's Spirituality" by Charlene Spretank. A benefit for the Feminist Writers' Guild 2-5pm $3/$2mbrs Bldg C 552-6396

**Medley: A Benefit for Greenpeace** Songs by Sondheim, Poeter, Rogers, Bernstein & others. Featuring Patricia Craven, Wm. Higgs, Gordon Salter & Hugh Trutton. 3pm $3. donation Bldg D 474-6767

**Plowshares Coffeehouse** presents Hurricane Ridgerunners. A fresh & unique touch to traditional Appalachian music. Smooth vocal duets, trios, & rousing fiddle, harmonica, banjo, guitar & mandolin tunes. 7:30pm $5/$3.50 Bldg C 441-8910

**In Celebration of Pablo Neruda & Cesar Vallejo.** Dramatic readings of 2 great So. American revolutionary Poets. 7:30pm $2 Bldg D 921-4470

**Puntila & Matti, His Hired Man** see 1/13

**A Mad World, My Masters** 8pm see 1/21

**Renaissance Radar** 2 & 8:30pm see 1/13

**26 TUESDAY**
**Playwrights' Ctr.** 7:30pm see 1/5

Photo: Myron Gershenson

1/27 Changing Face of West Coast Fishing Communities

**27 WEDNESDAY**
**Changing Face of West Coast Fishing** Communities. A Maritime Humanities Ctr. forum w/Dr. Michael Orbach-Ctr. for Coastal Marine Studies, Dr. Michael Herz-Oceanic Society, Tom Stienstra-SF Examiner, Chieu Pham-Ctr. for So. Asian Refugee Resettlement, Zeke Grader-Pacific Coast Federation of Fisherman's Assoc, 7:30pm $1 Bldg A 771-3488/9

**Celebration of Black Poetry** 8pm see 1/6

**28 THURSDAY**
**The Art of Retail Advertising —New Directions** Lecture for Graphic Artists on retail advertising. AIP monthly meeting. 7:30pm $5 Bldg C 673-6941

**Golden Gate Energy Ctr.** presents Solar Water Heating. Home & pool, products, cost, tax credits, owner-built systems. 7:30pm FREE Bldg E 332-8200

**Plowshares Coffeehouse** presents Open Mike Dance. Try your hand at calling a dance or playing for one or just dance. Callers & musicians get in FREE. 7:30pm $5/$3.50 Bldg C 441-8910

**Puntila & Matti, His Hired Man** see 1/13

**A Mad World, My Masters** 8pm see 1/21

**Renaissance Radar** 8:30pm see 1/13

**29 FRIDAY**
**Plowshares Coffeehouse** presents Blue Flame String Band Traditional Cajun, gospel & blues. An unusual combination of dulcimer-piano duets w/Holly Tannen & Deborah Sandler. 8pm $5 Bldg C 441-8910

**Puntila & Matti, His Hired Man** see 1/13

**A Mad World, My Masters** 8pm see 1/21

**Renaissance Radar** 8:30pm see 1/13

**30 SATURDAY**
**1st Annual Lowrider Show Car Artist Exhibit** over 150 custom cars. 1/30&31, Sat noon-5pm, Sun 10am-6pm $3/$2 children Pier 3 647-8555

**Puntila & Matti, His Hired Man** see 1/13

**A Mad World, My Masters** 8pm see 1/21

**Flash Family** 8:30pm see 1/2

**Renaissance Radar** 8:30pm see 1/13

# Classes and Workshops

## Health & Recreation

**Let's Move** w/Stephanie & Sheila Earle. A complete exercise program w/vigorous workouts. Mon thru Fri 8-9am, Mon thru Sun 9-10am, Mon Wed Fri 6-7:30pm. $2/drop-in, $1.75 w/card Bldg C 776-4509

**Energetics** Sandy Donegan's fitness classes incl. all 6 factors of physical fitness combining aerobics, calisthenics, yoga, ballet to up-beat music. Mon Wed Fri 8-10am, Sat 9-11am, Mon Wed 5-6pm, Tue 6-7pm, Thur 5:30-6:30pm. $3/cl, $15/6cls, $30/12cls, Sat $3/at door, 1st class FREE. Men & women welcome. Bldg C 332-9100

**The Best Workout in Town** Leora Myers' exciting fitness activity combines aerobics, calisthenics & dance w/live music. Sun 12pm, bring mat. $4/cl $15/4cls Bldg C 221-2683

**Shaping Up W/Helene** Enjoy a high energy exercise class using jazz warm-up, aerobic dance & yoga stretches all to "Hot Music" Tue & Thur 6pm $32/6wks, Sat 10am $18 or $32/6wks $4/cl Bldg C 387-2140

**YMCA Classes** Call 885-0460

**Ballroom Dance** Ernie Haeusslein's popular class for beginners thru advanced, plus an hour of social dancing. Wed 7:30-10:30pm 8 wks. Singles $22/$17 Y mbrs, couples $40/$30 Y mbrs Bldg C

**Dance Exercise** A vigorous 6wk program of exercises & aerobic dance to great music. Improve strength, flexibility, endurance & coordination the Y's way. Mon & Thur 6:30pm 12 cls $30/$20Y mbrs. Bldg C

**The Work of Doris Breyer** A gentle movement class utilizing the healing potential of your energy's free flow to restore health, flexibility & youthfulness. Sat 10am $4/cl Bldg C 681-4405

**Awareness Thru Movement/Feldenkrais Method** Non-strenuous movement lessons to improve posture, breathing, self image & ease of movement & athletic skills. Suitable for Sr. Citizens. Wear loose clothing. Tue Noon $5/cl Bldg C 647-3056

**Aerobic Conditioning to Music** Mary Fischer's program to improve flexibility w/Yoga, develop greater strength w/dynamic resistance, improve endurance w/dance aerobics. Wear tennis shoes. Men & women welcome. Mon & Wed 6pm, Tue & Thur 9am & 5:30pm, all classes 1½ hr. $30/5wks, $24/4wks, $4/cl. Bldg C 775-8229

**Irish Country Dance for Adults** Larry Lynch U.S. Champion Dancer teaches fundamentals of round, long, square & couples dances. Thur 1/14-2/25 7:30pm $25/7cl Bldg C 863-6424

**Pre-Natal Yoga/Relaxation** Hatha Yoga postures, stretches & self-awareness exercises designed/adapted for pregnancy. Precise physical alignment & breathing, tension & pain release. Tue 1/12-2/23 5:50-7pm $31.50/7wks Bldg E 237-8669

**Hatha Yoga** a series of gentle poses, deep relaxation & breathing techniques designed to strengthen & relax the body & calm the mind. Wed noon $20 Bldg E 824-9600

**Full Moon Meditation** group meditation with discussion, symbolic movements & disbursing of energy gathered. Main focus from Alice A. Brailey books. Fri 1/8 FREE Bldg D 556-7474

**Sensory Awareness Work** w/the simplest aspects of our existence: sitting; standing; breathing; & allowing contact. A practice for rediscovering & reviving full sensory functioning w/Richard Lowe. Wed 10am or 6pm, $110/10wks Bldg C/E 388-3219

**Stress Management** How to identify & cope w/stress. Wed 1/20-2/24, 9-11:30am $4 Bldg C Must pre-register 558-2441

**Body-Mind Transformation** A wholistic approach to life long weight control & healthy living. Balance eating & exercise, theory & practical application of nutrition & exercise. Mon or Tue 1/4-2/23, 8pm $9/cl, $35/5cls Bldg C 864-7235

## Performing Arts

**Song Evaluation Wkshp** Bring your guitar or a cassette of your song & 15 copies of lyrics. Tue 1/12 6pm $5/FREE SRS mbrs. Bldg C (213) 463-7178

**Blue Bear School of Music** Winter Registration continues. Winter quarter classes & wkshps begin 1/11. Call for free catalog. Bldg D 673-3600

**Improvisation Workshops** w/Sue Walden Registration & info call 771-1046

**Improvisation Techniques 1** Exercises, games & performance structures that develop necessary skills to create theatre spontaneously, Beg/Review. Tue 1-4pm or Wed 7:30-10:30pm $60 Bldg C

**Improvisation Techniques 2** Emphasis on sm. group work, solos, stage awareness (pre-reg. Techniques 1) Mon 7:30-10:30pm $60 Bldg C

**Improvising Scenes** Tools, exercises & practice in creating comedic & dramatic scenes spontaneously. Improv. experience helpful. Tue 7:30-10:30pm $80 Bldg C

**Academy of Media & Theatre Arts** Ongoing classes in basic theatre techniques, voice, dialects, audition techniques, scene studies & musical theatre for young people ages 12-19. Spring classes begin 1/26 For more info. call 776-4720

**Dancers' Workshop** Winter Classes Bldg C for registration & info. call 771-1211

**Movement Ritual 1** Harry Grantz. Basic Dancers' Wkshp. approach dev. by Anna Halprin to cultivate awareness & expand range of movement thru a series of slow floor movements. Mon 1/18-3/22, 7:30-9:30pm $60/10wks

**Dance Explorations** Harry Grantz. Structured movement, voice improv. & basic scores to generate group activity. Tue 1/19-3/23, 7:30-9:30pm $60/10wks

**Movement Theatre** Mitusuko Mitsueda. Free-up your body for spontaneity in performance. Develop ensemble skills in sound & movement, incls: scoring techniques & in-class performance. Wed 1/20-3/24, 7:30-9:30pm $60/10wks

**Contemporary Am. Black Dance** Richard Lee. Expressing attitudes, rhythmic movements, isolation of body parts, high energy movements to move your body. Thur 1/21-3/25 7:30-9:30pm $60/10wks

1/30,31 1st Annual Lowrider Show Car Artist Exhibit

**31 SUNDAY**
**Highlights from the 6th Poetry Film Fest. 6th Poetry Film Festival Highlights** The Award Winners from the latest American-Canadian Poetry Film Festival will be shown. 7:30pm $2 Bldg D 921-4470

**Plowshares Coffeehouse** presents Rick & Lorraine Lee play traditional & down-home country music on dulcimer, piano & banjo. Innovative techniques & dulcimer-piano duets. Special guests Holly Tannen & Deborah Sandler. 7:30pm $5/$3.50 Bldg C 441-8910

**1st Annual Lowrider Show Car Artist Exhibit** see 1/30

**Puntila & Matti, His Hired Man** see 1/13

**A Mad World, My Masters** 8pm see 1/21

**Renaissance Radar** 8:30pm see 1/13

## Visual Arts & Media

**Western Public Radio** offers ongoing classes in radio production. Bldg D 771-1160

**Artist in Print** workshops in paste-up, production, graphic design, illustration & advertising agency art direction. For specifics, write to AiP Survival Workshops, Ft. Mason Ctr., SF, 94123 & enclose a self-addressed, stamped envelope.

**Academy of Media & Theatre Arts** Offers classes in radio & video production & performance. Spring classes begin 1/26. For young people 12-19. Call 776-4720

**Basic Film Workshop** Learn operation of camera, editing, sound and film script writing in 7 wks. Limited to 9 students. Sun 1/10-2/14 2:30-6pm $50/7wks Bldg C 921-4470

**Ft. Mason Art Ctr** offers tuition-free, ongoing classes in painting, drawing, sculpture, glass, jewelry-making, batik, quilting, weaving, art critique & curatorship. This Galileo-Marina Community College Ctr program is open to anyone 18 years & older. Info in Bldg B 776-8247

**Media Alliance Educational Program** Info. Registration Bldg D, call 441-2558

**The Writer's Edge: What Every Author Should Know About Publishing** 1 day conference for book authors to effectively represent themselves & deal with: editors, publishers, agents, attorneys, mass media, booksellers etc. Speakers: Mickey Friedman, Sandi Mendelson, Nan Hohenstein, Sat 1/23, 8:30am-5pm (Reg. before 1/15 $45 after 1/15 $50) Bldg A. Co-sponsors California Confederation of the Arts & the Bay Area Arts Services.

**Writing Children's Literature** For experienced writers who want to finish & polish a juvenile manuscript & beginners who want to explore the techniques of writing for children. Incls: submission procedures, agents & trends in children's book publishing. 6/Thur 1/28-3/4, 6:30-9pm $70 Bldg D

**The Art & Business of Humorous Illustration** For the professional or soon-to-be professional artist/illustrator interested in creating & selling graphic humor. 2 parts: Sec. 1 Ins & Outs of Marketing; Sec. 2 hands-on lettering, drawing, caricature, animation, etc. (Sec. 2 not to be taken w/out Sec 1) Sec. 1: 2/Sat, 1/30 & 2/6, 11am-3:30pm $35. Sec. 2: 5/Thur, 2/11-3/4, 6:30-9pm. Sec. 1 & 2 $80. Bldg D

**Writing & Media Criticism** Course in magazine writing incls. discussion of assigned articles students write. Nora Gallagher. 10/Wed 6:30-9:30pm 1/27-3/31 $90. Enrollment limited Bldg D.

## Children's Classes

**Academy of Media & Theatre Arts** Classes in Creative Dramatics for Children ages 9-12 meets Sats. Spring classes begin 1/26 Bldg C For more info. call 776-4720

**SF Children's Art Ctr** offers ongoing instruction in painting, drawing, printmaking & sculpture. Individual attention to each child's development. Bldg C info call 771-0292

**Improvisation for Kids** 9-13. A "Doing" approach through games exercises & performances structures, using basic principles of trust, cooperation & support in a non-competitive & fun atmosphere. Tues 4-6pm $60. Bldg C 771-1046

**Children's Animation Workshop** Make your own animated film using your graphics, clay & collages w/your stories/poems. Also, sound effects & editing. Ongoing starting 1/10 Sun 11am-2pm $5/cl 921-4470

## Martial Arts

**Integrated Tai Chi Chuan** classes in basic exercises, formal solo, partner basics. Integrated & taught w/images of application. Sat 1/9-2/27 9am $30/mo Bldg C/E 668-1397

**Self-Defense Body Conditioning** includes reaction awareness, functional defense, conditioning to improve flexibility, strength & energy level. Sat 11am-1pm & 1-2pm $75/10cls Bldg C 234-2199

**Tai Chi Chuan** Sifu Fong Ha. Complete classical forms w/emphasis on meditative aspects. Tue & Thurs 7-10pm $40/mo Bldg C 524-4718

**Chinese Martial Arts** Jack Man Wong. Tai Chi Chuan & Northern Shaolin for robust health, high spirits, rational thinking & self-defense. Wed & Fri 6-8pm, Sun 10am-12pm, Bldg C $25/mo 261-7105

**Taoist Yoga Philosophy & Exercise** Lecture, demonstration & class participation in Taoist Yoga Philosophy. Sun 10am-1pm $30/mo. Bldg C 563-4817 (eve. only)

## Education

**Black Writers Workshop** Poetry & prose are shared & discussed. Publishing resources & how-to logistics provided. Sat 1-3pm FREE Bldg C 864-1010

**Great Books Basic Leader Training** course by Howard Will w/Great Books Fndn. Learn how to lead an adult/junior Great Books discussion group using techniques of shared inquiry. 1/30 & 31, Sat 9:30am-3:30pm, Sun 10am-5:30pm $35 Bldg C 345-2454

**French for All** 2 levels: beginners; & for those w/some knowledge of French. Method utilizes film strips, tape & phonic drills indispensible for correct pronunciation. Tue & Thur 6pm Bldg C $7/cl 673-8324

**Intro. to Ideas of Gurdjieff** Weekly meetings to discuss Gurdjieff's work, w/emphasis on practical application in daily life. Tue 1/5-26 8pm FREE Bldg D 626-9301

**Tear Gas (Mace) Certification** Course incls. tear gas training & permit, Inst. in psychology of assault prevention, & simple physical defense by Judith Fein Bk. Belt Korean Karate. Wed 1/13 7pm $25 Bldg C call 564-9140 for registration

**Modern Masters Workshop** A creative writing wkshp reviewing the significant experiments in modern poetry & using them as models for a personal style. Tue begins 1/10 7pm $5/cl Bldg D 921-4470

**Meditation for Parents-to-be** w/Cheryl Demaray. Everything a mother-to-be thinks, feels, says, does affects the child. Learn to stay relaxed, centered & joyful thru pregnancy & birth. Thur 1/14 & 21 7:30pm $5 Bldg E (408) 475-5730

**SF Chess Club Classes** w/David Massette Bldg B 474-5188

**Beginning Chess** incl.: moves, history, basic strategy. 4 classes Sat 1-4pm

**1st Year Russian,** tapes provided. Tue-Thur 1-4pm

## Environment

**Tektite Society Meeting** updates on "Man in the Sea" program w/lecture & film presentation on current projects 1/29 FREE Bldg C 566-9390

**Owner Builder Ctr.** offers ongoing courses in Plan Drawing, Design, Housebuilding & Remodeling. Housebuilding & Remodeling courses are presented in a step-by-step manner w/lectures & slides. For more info. call 848-5950

**Housebuilding** 16 lessons start 1/11 7-10pm Mon & Wed $300 Bldg C

**Remodeling** 14 lessons start 1/11 7-10pm Mon & Wed $250 Bldg D

# Galleries

Artist: Michael Bowen

1/5-29 S.F. Armory Show Flyers

**SF Armory Show Flyers** A preview of artists to appear in the February Armory Show in Pier 2, w/50 artists & 5,000 works of art. Ft. Mason Fndn. Lobby 1/5-29, Mon-Sat, 9am-5pm, Bldg A 441-5706

**Perception Gallery** Tue-Sat 1-4:40pm So. end Bldg C 776-0347

**Variations on Red & Green Group Show** ends 1/2.

**3rd Anniversary Group Show** Works by Sight & Insight members-mixed media/education (workshops) Sat 1/23. Wkshp 1-4pm, Show 1/5-1/30

**World Print Gallery** presents Handmade Offset Prints. Exhibition of works by artists who are using offset lithography, an industrial technique to create fine prints. 1/6-1/29 Mon-Fri 10am-5pm Bldg B 776-9200

**SF Museum of Modern Art Rental Gallery** Exhibition: Paintings-Carlos Villa, Photographs-Anna Wulf & Sheila McGlaughlin, Sculpture-Roger Boyce 1/5-1/29 Tue-Sat 11:30am-5:30pm Bldg A 441-4777

**Contemporary Crafts, Meyer Breier Weiss Gallery** presents William Hunt's clay works & Taeko Hasumi's fiber works. 1/5-2/6, Tue-Sat 11am-5pm Bldg A 928-2119